



UNITED STATES MARINE CORPS
COMMANDING GENERAL
BOX 788100
MARINE CORPS AIR GROUND COMBAT CENTER
TWENTYNINE PALMS, CALIFORNIA 92278-8100

CCO 6200.4A
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MAY 00 1997

COMBAT CENTER ORDER 6200.4A w/ch-1

From: Commanding General
To: Distribution List

Subj: COMBAT CENTER HEALTH PROMOTION PROGRAM: SEMPER FIT 2000

Ref: (a) MCO 6200.4A

Encl: (1) MCAGCC SEMPER FIT Points of Contact

1. Purpose. To establish the Semper Fit 2000 Program at Marine Corps Air Ground Combat Center (MCAGCC) per the reference. This program was developed to encourage healthy lifestyles which result in increased productivity, reduced medical costs and greater combat readiness.

2. Cancellation. CCO 6200.4.

3. Background. MCAGCC has the responsibility to encourage and maintain a high state of military readiness among its personnel. Unhealthy lifestyles such as poor diet, lack of exercise, alcohol abuse, stress, and smoking are a contributing factor to an alarming number of deaths and illness' in the United States.

4. Applicability and Scope

a. This Order applies to all Marine Corps, Navy, Army, Air Force personnel (active, reserve and retired) and their families aboard MCAGCC. Civilian employees may participate on a voluntary basis.

b. The Combat Center will use all resources available to promote a more healthy lifestyle for every military person, their families, and civilian employees by encouraging participation in the Semper Fit 2000 Program. The following goals are established:

(1) Near Term Goal: Begin implementation of "Semper Fit Health Objectives for the year 2000" by ensuring that all Marines receive required training in each of the Semper Fit elements as specified in the reference.

(2) Long Term Goal: Significantly reduce the number of deaths and illness' directly related to unhealthy lifestyles.

5. Action

a. Director, Operations and Training Directorate (O&T)

(1) Designate, in writing, a Semper Fit Coordinator (SFC) to ensure program requirements are met and to implement the Semper Fit Program as outlined in this order.

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(2) Form and chair a Semper Fit Health Promotion Committee comprised of representatives from the commands and activities noted in paragraphs 5b through 5j. As necessary but at least once a year, convene the committee to provide insight and commentary on the direction and implementation of the program. Report your findings to the Commanding General.

b. Director, Sergeant's Course. Serve as the lead agent in developing a MCAGCC Semper Fit program. Designate a Sergeant's Course Instructor/Staff Noncommissioned Officer to act as the Semper Fit Officer (SFO) and principle advisor to the MCAGCC SFC.

c. Commanding Officer, Headquarters Battalion

(1) In accordance with the reference, designate in writing a Semper Fit Officer (SFO) to serve as the unit's principle agent for meeting the requirements outlined in this order. As required, provide membership to the MCAGCC Semper Fit Health Promotion Committee.

(2) Ensure Semper Fit program requirements are met as outlined in the reference. These requirements are to be incorporated into the unit annual training plan and are subject to annual CG inspections.

d. Commanding Officer, Marine Corps Communications & Electronics School (MCCES)

(1) In accordance with the reference, designate in writing a Semper Fit Officer (SFO) to serve as the unit's principle agent for meeting the requirements outlined in this order. As required, provide membership to the MCAGCC Semper Fit Health Promotion Committee.

(2) Ensure Semper Fit program requirements are met as outlined in reference. These requirements are to be incorporated into the unit annual training plan and are subject to annual CG inspections.

e. Commanding Officer, Naval Hospital (NavHosp). Designate, in writing, a Semper Fit representative to participate in the Semper Fit Health Promotion Committee. The designated person should be thoroughly familiar with this Order and the reference.

f. Commanding Officer, 23rd Dental Company. Designate, in writing, a Semper Fit representative to participate in the Semper Fit Health Promotion Committee. The designated person should be thoroughly familiar with this Order and the reference.

g. Director, Manpower Directorate (MPR). Designate, in writing, a Semper Fit representative to participate in the Semper Fit Health Promotion Committee. The designated person should be thoroughly familiar with this Order and the reference.

h. Director, Morale, Welfare and Recreation Directorate (MWR). Designate, in writing, a Semper Fit representative to participate in the Semper Fit Health Promotion Committee. The designated person should be thoroughly familiar with this order and the reference.

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i. Director, Religious Ministries Directorate (RMD). Designate, in writing, a Semper Fit representative to participate in the Semper Fit Health Promotion Committee. The designated person should be thoroughly familiar with this order and the reference.

j. Joint Public Affairs Officer (JPAO). Designate, in writing, a Semper Fit representative to participate in the Semper Fit Health Promotion Committee. The designated person should be thoroughly familiar with this order and the reference.

k. Commanding Officers of tenant FMF units aboard MCAGCC. Commanding Officers of tenant commands are encouraged to avail themselves to the resources of MCAGCC Semper Fit Program in complying with direction and orders of the reference and their parent command.

6. Program Requirements

a. Commanders will ensure that the following programs/requirements are met in accordance with the reference, for each of the following elements:

(1) Sexually Transmitted Disease and Human Immunodeficiency Virus Prevention. Ensure all Marines receive one hour of standardized annual training on Sexually Transmitted Disease (STD) and Human Immunodeficiency Virus (HIV) prevention. Lesson guides with audiovisual materials are available through the Semper Fit Coordinator. Training will be provided to all Marines, as well as paid work time for civilian employees to attend the subject training once annually.

(2) Suicide Awareness. Ensure all Marines receive one hour of standardized annual training on suicide awareness. Lesson guides with audiovisual materials are available through the Semper Fit Coordinator. Training will be provided to all Marines, as well as paid work time for civilian employees to attend the subject training once annually.

(3) Alcohol and Substance Abuse Prevention and Control. Provide all Marines with standardized training on alcohol and substance abuse prevention and control. Lesson guides with audiovisual materials are available through the Semper Fit Coordinator. Training will be provided to all Marines, as well as paid work time for civilian employees to attend the subject training once annually.

b. All commanders are encouraged to complete all the following additional programs/training:

(1) Tobacco Use and Cessation. Ensure all Marines receive training on tobacco awareness and on smokeless tobacco awareness. Lesson guides with audiovisual materials are available through the Semper Fit Coordinator.

(2) Physical Fitness. Provide all Marines with standardized training on physical fitness. Standardized lesson plans and/or audiovisual programs to present the information are available. In addition, it must be ensured that facilities are available and programs exist for all personnel to maintain physical fitness as well as participate in command sponsored fitness and sports programs/events. This will be accomplished through establishing formal policy and publicity campaigns to encourage participation by all personnel in fitness programs. Instruction and

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training on the benefits of regular exercise should be available to all personnel, either through Marine Corps personnel training for active duty Marines and civilian personnel or through nonfunded training for retirees, and family members.

(3) Back Injury and Muscle Strain Prevention. Ensure all Marines receive standardized annual training on back injury and muscle strain prevention. Lesson guides with audiovisual materials are available through the Semper Fit Coordinator. Training will be provided to all Marines, as well as paid work time for civilian employees to attend the subject training once annually.

(4) Stress Management. Ensure all Marines receive standardized annual training on stress management. Lesson guides with audiovisual materials are available through the Semper Fit Coordinator. Training will be provided to all Marines, as well as paid work time for civilian employees to attend the subject training once annually.

(5) Nutrition Education. Ensure all Marines receive standardized annual training on nutrition education and body weight management. Lesson guides with audiovisual materials are available through the Semper Fit Coordinator. Individually tailored weight control or dietary consultation should be sought as needed from the local medical treatment facilities. Weight control support groups will be provided, through advertising and/or pro bono use of facilities, to applicable military personnel, families, retirees, and civilian employees.

(6) Hypertension Education and Control. Ensure that all Marines receive biannual blood pressure checks and that all other personnel are encouraged to check their blood pressure annually.

(7) Oral Hygiene. Ensure all Marines receive annual dental examinations and follow-up dental treatment as necessary to prevent emergencies over a twelve month period.


D. L. JOHN
Chief of Staff

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JUN 2 1990

COMBAT CENTER ORDER 6200.4A Ch 1

From: Commanding General
To: Distribution List

Subj: COMBAT CENTER HEALTH PROMOTION PROGRAM: SEMPER FIT 2000

Encl: (1) New page insert to CCO 6200.4A

1. Purpose. To transmit new page inserts to the basic Bulletin.
2. Action. Remove Enclosure 1 and replace with corresponding pages contained in the enclosure.
3. Filing Instruction. File this change transmittal immediately behind the signature page of the basic Bulletin.
4. Certification. Reviewed and approved this date.


T. M. SUMNER
By direction

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